

# FOOD BANKS

## Where to go when you're looking for help

Last updated: February 2024

Food banks provide free groceries and other household items to eligible people and families experiencing food insecurity or low income. They normally operate one or two days per week. Food banks often ask that you visit the food bank in your neighbourhood or catchment area.

Food banks help people who do not have reliable access to safe, nutritious, good quality food. People who visit food banks come from all backgrounds. They include families, employed people with wages that do not cover basic living needs, people on social assistance and people living on a fixed income, such as seniors or those with disabilities.

## Finding a Food Bank

To find the nearest food bank in your catchment area, call FoodLink or 211 Ontario:

### FoodLink Hotline

TTY: 416 392-6655

### Toronto 211

[www.211ontario.ca](http://www.211ontario.ca)

Tel.: 211

TTY: 1 888 340-1001

## Food Banks in the GTA

The services listed here are a partial list of food banks in Toronto. Call the numbers above if you need help finding the closest food bank in your neighbourhood.

### Canadian Red Cross

1623 Yonge Street

[www.redcross.ca/in-your-community/ontario/nutrition-and-transportation/mobile-food-bank](http://www.redcross.ca/in-your-community/ontario/nutrition-and-transportation/mobile-food-bank)

Tel.: 416 480-0195

[toronto@redcross.ca](mailto:toronto@redcross.ca)

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If any of this information is incorrect or outdated, or if there are additional organizations or programs that would be helpful to include, please email the information to us at [access.resources@camh.ca](mailto:access.resources@camh.ca).

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**camh**

**Services:** Mobile food bank delivers groceries to people unable to access a food bank; Meals on Wheels program delivers hot meals to people in the community who are unable to prepare their own food.

**Eligibility:** Food bank for people in Toronto unable to access food banks due to health issues or disabilities; Meals on Wheels for people across Ontario who can't cook for themselves due to health issues or disabilities

**Hours:** Meals on Wheels delivers Monday to Friday, 11:30 am–1:30 pm, frozen meals on Fridays; mobile food bank delivers Monday to Friday, 8:30 am–3.30 pm

## Covenant House Toronto

20 Gerrard Street East

[www.covenanthousetoronto.ca](http://www.covenanthousetoronto.ca)

Tel.: 416 593-4349 (shelter)

Tel.: 416 204-7037 (drop-in centre)

Tel.: 416 204-7995 (health clinic)

[info@covernanthouse.ca](mailto:info@covernanthouse.ca)

**Services:** Shelter; drop-in centre; health clinic; services for housing and after-care, health and well-being, education and employment

**Eligibility:** Youth in crisis and homeless youth, ages 16–24

**Hours:** Shelter open 24/7; drop-in centre open Monday to Sunday, 12:00 pm–7:00 pm; health clinic open Monday, Wednesday, Thursday, Friday, 9:00 am–12:00 pm and 1:00 pm–4:00 pm; Tuesday, 9:00 am–12:00 pm and 1:00 pm–7:00 pm

## Daily Bread Food Bank

191 New Toronto Street

[www.dailybread.ca/need-food/programs-by-location](http://www.dailybread.ca/need-food/programs-by-location)

Tel.: 416 203-0050

[info@dailybread.ca](mailto:info@dailybread.ca)

**Services:** Food banks, referral to food banks and meal programs across the GTA; items can include food, pet food, diapers, sunscreen, vouchers for glasses (note that the stock varies from day to day)

**Eligibility:** Mobile food bank for people in Toronto unable to access food banks due to health issues or disability; Meals on Wheels for people in Ontario who can't cook for themselves due to health issues or disability

**Hours:** Monday to Friday, 8:30 am–4:30 pm

## Feed It Forward – Pay What You Can Grocery Store, Café and Bakery

2770 Dundas Street West, Unit A

[www.feeditforward.ca](http://www.feeditforward.ca)

[info@feeditforward.ca](mailto:info@feeditforward.ca)

**Services:** Hot coffee and tea, vegetables, fresh fruit, soup and stew, canned food, pre-made meals, bread and pastry, condiments, sandwiches, coffee beans, cereal

**Eligibility:** Open to all

**Hours:** Monday to Saturday, 11:00 am–6:00 pm; Sunday, 11:00 am–3:00 pm

## Fort York Food Bank

380 College Street

[www.fyfb.com](http://www.fyfb.com)

Tel.: 416 593-4349 (shelter)

Tel.: 416 204-7037 (drop-in centre)

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Tel.: 416 204-7995 (health clinic)

[info@governanthouse.ca](mailto:info@governanthouse.ca)

**Services:** Grocery service that provides food baskets consistent with the Canada Food Guide; hot meal services

**Eligibility:** Service area covers west side of downtown Toronto, from Yonge Street to Dovercourt Road, and Lake Ontario to Bloor Street

**Hours:** Grocery service on Tuesday, 9:00 am–4:00 pm, Wednesday and Thursday, 9:00 am–12:00 pm; Friday, 9:00 am–4:00 pm; Saturday, 9:00 am–12:00 pm; hot meals on Sunday, 12:00 pm–2:00 pm

## Haven on the Queensway

1533 The Queensway

[www.havenontheq.com](http://www.havenontheq.com)

Tel.: 416 640-2005

[info@havenontheq.com](mailto:info@havenontheq.com)

**Services:** Food bank; boutique with free clothing; First Care program, which helps pregnant women and parents of newborns up to one year old, including baby food, baby clothing, diapers, formula, moral support

**Eligibility:** Live within service area, voluntarily share some personal information (housing status, government-issued identification, proof of address)

**Hours:** Food bank and clothing boutique by appointment only, Wednesday, 9:00 am–3:00 pm, Thursday, 1:00 pm–6:00 pm. To book, call 416 640-2005

## Native Women's Resource Centre of Toronto

191 Gerrard Street East

[www.nwrct.ca](http://www.nwrct.ca) and <https://nwrctportal.ca/live>

Tel.: 416 640-2005

[info@nwrct.com](mailto:info@nwrct.com)

**Services:** Grocery support, housing outreach, family support, employment, education

**Eligibility:** Indigenous women and children

**Hours:** By appointment only, Friday, 10:00 am–2:00 pm; email [pimaatisiwin@nwrct.ca](mailto:pimaatisiwin@nwrct.ca) to register

## Parkdale Community Food Bank

263 Dunn Avenue

[www.pcfb.ca](http://www.pcfb.ca)

Tel.: 416 532-2375

[info@pcfb.ca](mailto:info@pcfb.ca)

**Services:** Non-perishable food, hygiene products, baby food, diapers, wipes and pet food

**Eligibility:** Open for all (no ID or proof of address needed)

**Hours:** Wednesday, 10:00 am–2:30 pm (seniors and people with disabilities only); Thursday, 10:00 am–2:30 pm (open to all); Friday, 4:00 pm–8:00 pm (open to all); Saturday, 10:00 am–2:30 pm (open to all)

## Scott Mission

502 Spadina Avenue

[www.scottmission.com](http://www.scottmission.com)

Tel.: 416 923-8872 (main line)

Tel.: 416 923-2916 (food bank, meals, free clothing)

Tel.: 647 696-1372 (men's shelter)

[help@scottmission.com](mailto:help@scottmission.com)

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**Services:** Meals; food bank, shelter

**Hours:**

- Hot meals: 346 Spadina Avenue, breakfast, 8:30 am–9:00 am; lunch, 12:30 pm–1:30 pm; COVID-19 protocols in place; bag lunches no longer available
- Food bank: 346 Spadina Avenue, Monday to Friday, 9:30 am–11:45 am and 1:30 pm–3:15 pm; closed Wednesday afternoon; food bank at 1550 O’Connor Drive open Tuesdays, 9:00 am–12:00 pm and 1:00 pm–3:00 pm
- Men’s shelter: 346 Spadina Avenue (complies with COVID-19 public health requirements)
- Other services: Clothing bank, washroom, laundry, shower, Monday to Friday, 9:00 am–11:30 am

## Syme Woolner Neighbourhood and Family Centre

2468 Eglinton Avenue West

[www.symewoolner.org](http://www.symewoolner.org)

Tel.: 416 766-4634 ext. 228

[swoolner@symewoolner.org](mailto:swoolner@symewoolner.org)

**Services:** Food bank, baby formula and diapers

**Eligibility:** Intake procedures determine eligibility; must live in the agency’s catchment area: Lawrence Avenue West to St Clair Avenue West and Dufferin Street to Black Creek Drive/Weston Road

**Hours:** By appointment, food bank open Friday, 9:30 am–1:30 pm; emergency food bank available at staff discretion

## Teresa Group Child and Family Aid

355 Church Street, 2nd floor

[www.teresagroup.ca](http://www.teresagroup.ca)

Tel.: 416 598-7703

[info@teresagroup.ca](mailto:info@teresagroup.ca)

**Services:** Family food hampers, school supplies, emergency medical transportation, winter clothing, prenatal support, diapers and baby formula, school programming

**Eligibility:** Children and their families living with or affected by HIV/AIDS; register via [info@teresagroup.ca](mailto:info@teresagroup.ca)

**Hours:** Monday to Friday, 9:00 am–5:00 pm

## Toronto People with AIDS Foundation

163 Queen Street East, 2nd floor

[www.pwatoronto.org](http://www.pwatoronto.org)

Tel.: 416 506-1400 (main line)

Tel: 416 506-1400 ext. 205 (to book appointment)

[info@pwatoronto.org](mailto:info@pwatoronto.org)

**Services:** Fresh produce and groceries, pet food, baby items, emergency food bags, new home start-up kits, holiday bags, harm reduction kits, peer and professional food and nutrition workshops and vet services

**Eligibility:** People who are HIV positive and live in Toronto are eligible through an intake appointment

**Hours:** Food bank open Wednesday and Thursday, 2:00 pm–7:00 pm and Friday, 12:00 pm–5:00 pm

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## WoodGreen Community Service

815 Danforth Avenue, Suite 100

Food bank: 650 Queen Street East (behind the building)

[www.woodgreen.org](http://www.woodgreen.org)

Tel.: 416 645-6000

[info@woodgreen.org](mailto:info@woodgreen.org)

**Services:** Employment services; housing support; youth and seniors' programs; mental health services; newcomer services; community health services; family and child programs; income support; food bank

**Eligibility:** People in the catchment area: Toronto's northern limits to Lake Ontario and Sherbourne Street to Victoria Park Avenue; food bank open to all

**Hours:** Monday to Friday, 9:00 am–5:00 pm; food bank, Tuesday, 1:05 pm–2:00 pm

## Yonge Street Mission – Davis Centre

270 Gerrard Street East

[www.ysm.ca](http://www.ysm.ca)

Tel.: 416 929-9614 ext. 3200 (to book appointment)

[info@ysm.ca](mailto:info@ysm.ca)

**Services:** For families and adults; nutritious bags of groceries available by family size, every two weeks by appointment

**Eligibility:** Call number above to book an appointment

**Hours:** Tuesday to Friday, 10:00 am–12:00 pm and 1:00 pm–3:00 pm

## Yonge Street Mission – Evergreen Centre for Street-Involved Youth

365 Spadina Avenue

[www.ysm.ca](http://www.ysm.ca)

Tel.: 416 929-9614 ext. 2200

[info@ysm.ca](mailto:info@ysm.ca)

**Services:** Drop-in space, hot dinners and lunches; free health and dental clinic (foot care, STI testing, chiropractic adjustments, acupuncture, medical, dental care); nursery care; parenting workshops; nursery food bank

**Eligibility:** Street-involved youth in Toronto, ages 16–24

**Hours:** Monday to Friday, 12:00 pm–5:00 pm; lunch, Monday to Friday, 12:00 pm–2:00 pm; hot dinner, Monday to Thursday, 5:00 pm–6:00 pm